

How can I help my Soldier and be a part of this process?

Remind your servicemember that the PDHRA is scheduled to begin three months after they return from deployment and encourage them to take it. Active servicemembers will receive notification from their commands, but in instances where servicemembers are inactive, transitioned back to National Guard or Reserve Component duty, or separated completely from the military, their unit leaders may not require them to participate in the PDHRA.

As a family member, you can help us by reminding and encouraging your loved one to take advantage of the PDHRA. If you recognize any health-related issues that need to be addressed prior to the three-month window, encourage your servicemember to seek healthcare advice from a military treatment facility, the VA or from your own private healthcare provider.

Where can I get more information on the PDHRA program and deployment health?

If you or your loved one has questions about the PDHRA program, information is available at <http://fhp.osd.mil/pdhrainfo> or by calling the Deployment Health Help Line at 1-800-497-6261

Helpful Resources

Army One Source 1.800.464.8107
Army Information Line (1-800-833-6622)
8 a.m. to 4:30 p.m. EST, Mon-Fri

TRICARE

Pharmacy Program 1.877.363.6337
Pharmacy Mail Order 1.866.363.8667
Pharmacy Retail 1.866.363.8779
For Life/Dual Eligibles 1.866.773.0404
Retiree Dental Program 1.888.838.8737
Dental Program 1.800.866.8499
DEERS 1.800.538.9552
Prime Remote 1.888.363.2273
US Family Health Plan 1.800.748.7347
Online 1.800.538.9552
North 1.877.874.2273
South 1.800.444.5445
West 1.888.874.9378

Military Medical Support Office 1.888.647.6676
Department of Veterans Affairs Benefits
1.800.827.1000
Medical Centers 1.800-827.1000
Persian Gulf War Help Line 1.800.749.8387
VA Regional Office 1.877.222.8387
National Coalition for Homeless Veterans
1.800.838.4357
Focus on Recovery Help Line (alcohol/drugs)
1.800-374.2800
National AIDS Hotline 1.800.342.2437
National Crisis Hotline 1.800.784.2433
National Suicide Support Number 1-888-784 2433



Deployment Health

Post Deployment Health Reassessment

“Safeguarding the Health of Those Who Protect Us”



<https://fhp.osd.mil/pdhrainfo>